



Fitness Summer 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
1.00 pm to 1.45 pm	ACQUAGYM		ACQUAGYM		ACQUAGYM
6.15 pm to 7.00 pm		ACQUAGYM		ACQUAGYM	
7.15 pm to 8.00 pm		PILATE		PILATE	
	ACQUAGYM	Cardiovascular and toning activities performed in medium or high water (with floating belts)			
	PILATES	Activities performed in the "green", toning and stretching of all postural muscles, stability and breathing exercises			

The advantages and benefits of this physical activity are numerous:

- ♦ a fine and pleasing musculature
- ♦ the training of muscles that are usually underworked and tend to become flabby, such as the abdominals, pectorals or inner thighs
- ♦ an effort that seems light but is actually very effective: you tone your body without pain
- ♦ the relaxing effect, without soreness
- ♦ water and proper activity perform a beneficial massage useful for blood circulation, cellulite dissolution and fat burning
- ♦ since you are lighter in the water, pressures on the back and joints are reduced as much as possible, and thus the risk of injury
- ♦ the total absence of danger in the exercise of this activity

Water gymnastics can be practiced by everyone, sedentary or athletic, pregnant women, young people or adults, it offers great benefits and no contraindications, plus **it is not necessary to know how to swim**.

Practiced constantly it transforms and sculpts our body, improving self-esteem and satisfaction.

Acquagym allows us **to burn a lot of calories while having fun and without excessive effort** the water on the one hand neutralizes gravity by relieving body weight, and on the other hand offers more support at the ankles and knees. With **high water exercises** all the muscles of the body are involved by the movement of the water: they work against its resistance.

Tone your CORE and all your deep muscles: try **Pilates**, your body will be stronger more toned and more elastic.

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